

Healthy YOU

MARCH | APRIL 2009



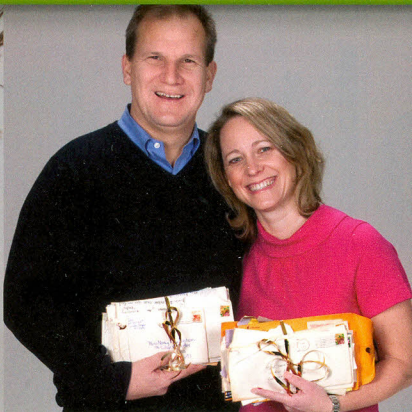
- Fitness in Your Life
- The Latest on AD/HD
- Oh, No—Leftovers!
- Blood Sugar Alert
- Happily Ever After

A PASSION FOR BETTER MEDICINE. SM

 **Lehigh Valley
Health Network**



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Healthy **YOU**

MARCH | APRIL 2009

On the cover:

Learning while they stay fit, Parkway Manor fifth-graders Raquel and Raja record their laps and use the data in math class. Story on page 1.

Photo by Mary Frederick,
Amico Studios



Partners on the journey to heart health are Kathy Rindock and daughter Cassie. Story on page 4.

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Slip Fitness Into Your Life

Even busy people can find opportunities to exercise

Can't structure your day around a workout? "It's tough finding time for fitness in a busy schedule—but it's not impossible," says John Graham, director of Healthy You Fitness Centers. His solution: Find ways of working exercise into what you *already* do.

The classic example is taking the stairs instead of the elevator, and that's a good start. But some people (like the ones pictured here) manage to squeeze more substantial exercise periods into their regular routines.

Want to follow their lead? Look for ways to get physical activity while still accomplishing your day's goals. For example, if you're getting together with a friend or colleague, go for a walk instead of sitting down for coffee. The only

"fitness facility" you'll need is a nearby walking trail or lightly traveled street.

Don't assume that a sedentary activity has to be that way. If you're talking on the phone, stroll around to keep your body moving. If you want to play a computer game, make it a stand-up interactive one (Wii tennis, anyone?).

Remember that a few short exercise sessions add up to the same daily benefits as one longer session. If you can exercise for 30 minutes, great—but three 10-minute spurts are a perfectly good alternative.

Get moving!
23 different fitness
classes for all ages
Page 16

A teacher keeps his math class 'on track'

A newly built walking path at Parkway Manor Elementary School gave fifth-grade teacher Steve Fedorak an idea. He'd have students walk the track for 20 minutes three times a week, record their laps, then use the counts as raw data for computer graphs and PowerPoint presentations. "This single activity covers required curriculum material for math, health and technology," Fedorak says. "The kids like the fact that they're not working from story problems, but real life." The exercise bonus: "Even the slowest kids walk a mile in 20 minutes. Some of the fastest go more than three miles." And students feel refreshed after walking. "It works off excess energy," Fedorak says. "They come back ready to work."



A father power walks during guitar lessons

When Rich Laliberte of Macungie drops his 15-year-old daughter, Marissa, at West End Music for her half-hour guitar lesson, there's not enough time to go back home or run many errands. He could sit in the car or grab a coffee, but instead he heads over to nearby Trexler Park for a brisk 20-minute walk. "I have exactly enough time to get to the park, do one loop and get back to the music store just as she leaves her lesson," Laliberte says. "Walking gets my heart rate up, clears my mind and doesn't steal a minute from my schedule."

Oh, No! Not Leftovers!

They're economical...and they can be appealing too

Do you let leftovers go fuzzy in the back of the fridge because you'd feel guilty throwing them out? It's time for a new attitude. From now on, make leftovers part of your weekly meal plans instead of an afterthought. "You'll save money at the supermarket and time in the kitchen," says Laurie Baker, registered dietitian at Lehigh Valley Health Network. "And good meal planning is an important tool in healthy eating and weight management."

Start by writing out a menu for the week that builds in the leftovers. For example, Sunday's extra grilled salmon can go into Tuesday's salmon-pasta salad, and Monday's leftover roast chicken can become Wednesday's burritos. Extra poultry or meat works well in stir-fries with fresh or leftover vegetables, or in casseroles with rice or pasta. "Use your imagination," Baker says.

Write out the week's grocery list based on your meal plan. This organized approach saves extra supermarket runs and allows you to prep for a week's worth of meals over the weekend. Brown enough ground beef for spaghetti sauce and tacos. Cut up and store veggies to combine with leftover meats in a soup or stew. With interesting spices, your family may not even notice they're eating leftovers.

Want to Know More about tasty uses for leftovers? For recipes and a sample grocery list, call 610-402-CARE or visit lvh.org/healthyyou.

MONDAY-Baked Ham WED



Microwaving T

- Pay attention to power level for delicate items like seafood.
- Add a little broth or water to rice casseroles.
- Use a microwave-safe dish (see story below).
- Heat in stages and check, so food doesn't overheat.

Don't Ingest Risky Chemicals

Lower your health risks from plastic food and drink containers

Water bottles, cling wrap and microwaveable meals may be conveniences in our grab-and-go world. But there is a downside—toxins in plastics can leach into food and beverages, especially when heated.

The main concern is BPA (see chart), especially in children and infants, says family medicine physician William Kracht, D.O., of Lehigh Valley Health Network. "Animal studies show that BPA acts like estrogen, causing early puberty, fat formation and disrupted reproductive cycles. It's also linked to diabetes, heart disease and cancer."

Besides getting rid of plastic items containing BPA, here are other strategies to protect yourself and your family, from Kracht and his colleague, registered dietitian Jennifer Acevedo:

■ **Don't microwave food in any plastic containers**, especially the "bad guys" (at right). Heat in glass or ceramic containers and cover with wax paper or white paper towels, not plastic wrap.

■ **Use fewer canned goods.** One study detected BPA in over half of 97 name-brand canned foods and sodas.

■ **Use glass baby bottles** or BPA-free bottles such as Born Free.

■ **Forgo plastic or Styrofoam beverage containers.** Opt for glass, ceramic or stainless steel.

■ **Store food in glass containers** or, if plastic is unavoidable, one of the "good guy" types.

You can reduce your plastic use in stages, Kracht says: "Even decreasing your chemical load by half decreases the ill effects."

Want to Know More about safe vs. unhealthy plastics? Call 610-402-CARE or visit lvh.org/healthyyou.



DAY - Ham and Asparagus Casserole

FRIDAY - Ham and Swiss with Broccoli Baked Potatoes

Ideas to Try

Pasta—Add to soup or make a salad with tuna and veggies.

Rice—Make fried rice, casseroles or pudding.

Stale bread—Make into breadcrumbs (in grater or blender), croutons or pudding.

Chili—Use it to top a baked potato or pasta.

Spaghetti sauce—Use as dip for breadsticks or topping for broiled eggplant.

Mashed potatoes—Add minced onion, garlic and green peppers, sprinkle with shredded cheese and bake until heated through.

Safe Storage

- Refrigerate leftovers within two hours.
- Use airtight containers.
- For large amounts use two containers, so food cools quickly.
- Use within two days for best flavor.
- Throw out leftovers after four days.

Check the Number on the Plastic

The Bad Guys—avoid containers with these numbers

- 7 BPA (bisphenol-A)**—A chemical in polycarbonate plastic used in baby bottles, sports bottles and metal can linings
- 3 PVC (polyvinyl chloride)**—A plastic containing phthalates, which can interfere with hormonal development. Some commercial plastic wraps (used by grocery meat departments) are made of PVC.
- 6 Polystyrene**—A carcinogen used in Styrofoam cups, meat trays and “clamshell” containers. Don’t heat or store takeout food in its clamshell.

The Good Guys—containers with these numbers are OK

- 1 PET (polyethylene terephthalate)**—Used in clear beverage bottles
- 2 High-density polyethylene**—Used in milk jugs
- 4 Low-density polyethylene**—Used for food storage bags and squeeze bottles
- 5 Polypropylene**—Used in drinking straws and yogurt containers

Illustrations by Jane Ramsey

One Woman's Journey to Heart Health

Kathy Rindock learns the value of having support

As Kathy Rindock stood in the audience of a First Strides® program on women and heart disease last fall, she realized she was in trouble. Presenter Anne Marie Crown of Lehigh Valley Health Network was describing the heart disease risk factors, “and I had five of the major ones!” Rindock says. “I was overweight, I smoked, my blood pressure and cholesterol were high, and I had a family history riddled with heart disease.”

Rindock, a 53-year-old social worker from Allentown, had already tackled her weight problem by joining the health network's Healthy You Fitness Center. “I knew it was the place for me when I saw people my age exercising and enjoying it,” she says. “I didn't feel intimidated the way I have in other gyms.”

Encouraged by the personal attention she received, Rindock felt she could finally stick with a fitness program. As the pounds began to come off, she took another step. With her daughter Cassie, 25, she joined First Strides, a program that helps women of all ages progress in walking or running at their own pace. Personal mentors are a highlight of the program. “They were so encouraging, with a great sense of humor,” she says. “It was the best feeling—I actually jogged!”

She was on her way, but Rindock still didn't realize how badly she needed a lifestyle change until she met Crown and heard about those risk factors. “I had no idea so many women die of heart disease,” she says.

Determined not to be one of them, Rindock enlisted the help of Crown, who directs the health network's Heart Help for Women program. Crown referred her to cardiologist Joan Homan, M.D., as well as a nutritionist and smoking cessation counselor.

“Kathy is a good example of how women tend to put everyone and everything ahead of themselves,” Homan

Kathy Rindock got encouragement from daughter Cassie...



fitness training from Jackie Svrcek...



inspiration from Anne Marie Crown...



nutrition support from Robin...

says. "We think of heart disease as a man's disease. Most women are stunned to learn they have risk factors. In Kathy's case, a little education probably saved her life."

With the support of her team (including her family), Rindock has lost about 40 pounds through a healthier diet and regular exercise. Medication is helping control her blood pressure and cholesterol. She lowers stress through exercise, meditation and journal-keeping. Quitting smoking has been challenging, but she's working hard at it.

"I've learned not to beat myself up," she says. "If I slip, I get right back on track and keep going."

Homan encourages women to enlist the support of others on their road to heart health. "Go to the gym or bike with a friend, walk with colleagues at lunch, get your family on a healthy eating plan," she says. "We're all busy, but we can motivate each other. Whatever you do, make it a habit, and talk to your doctor about your risk factors."

Rindock agrees. "I have people on my side who know how hard it is and want me to succeed. They really listen to me. We laugh, we cry, and I know I'm not alone."

"I was motivated by fear initially, but that's not sustainable. Now I've opened myself up and found joy. Anyone can do it. You just need to take that first step, and be gentle with yourself."

Yes, you can walk or run!

First Strides

Page 20

Illustrations by Jane Boyle Hallman



...and medical care from Joan Homan, M.D.

to your health

A Vital Vaccine

Just one in four teen girls has gotten the new vaccine Gardasil. The HPV (human papillomavirus) vaccine protects against 70 percent of cervical cancers, and many insurers now cover it. "Girls should receive the vaccine at age 11 or 12, before becoming sexually active," says pediatrician Mary Stahl Levick, M.D., of Lehigh Valley Health Network.

"It can save lives—nearly 4,000 women die of cervical cancer each year."

For more on Gardasil, call 610-402-CARE or visit lvh.org/healthyyou.



Cigar Smokers Beware

If you think there's no harm in an occasional weekend cigar, think again. One cigar is the equivalent of 3-10 cigarettes, so smoking even a couple can mean inhaling up to a cigarette-pack of harmful chemicals. "Cigars are hazardous even if you don't inhale," says Suzanne Smith of Lehigh Valley Health Network's Tobacco Treatment Program. "Because they don't have filters, puffing on one allows more tar and nicotine to enter your body than with a filtered cigarette." Finally, consider those around you—secondhand cigar smoke may cause heart and lung disease, cancer and other problems.

Want to quit? See *Clear the Air*, page 18.

Finding the Right Doctor

Choosing a doctor? Decide what matters to you—for example, male vs. female, experience with your condition, or association with a specific health plan. "We can provide several names," says Tina Ruhf, R.N., of Lehigh Valley Health Network's 402-CARE line. "Then it's wise to phone the office and meet the doctor personally."

For a checklist of questions to ask, call 610-402-CARE or visit lvh.org/healthyyou.

Better Views With Endoscopic Ultrasound

It sees things CT scans and MRIs can't



When 70-year-old Juana Garay started losing weight inexplicably, she and her husband, Pedro (with her in photo), grew very worried. An ultrasound test detected a cyst in her abdomen, in an area where the esophagus and liver lie close together. The critical question for the Bethlehem couple was where exactly that cyst was located, an indicator of the chances of it being cancerous. A CT

scan couldn't provide the answer. "It was the most stressful situation we've ever faced together," says Pedro, 76.

To determine the precise location of the cyst, Juana had a diagnostic procedure called endoscopic ultrasound, now available at Lehigh Valley Health Network. "After the patient is sedated, a thin, flexible tube (endoscope) with ultrasound equipment on its tip is passed through the mouth and esophagus," says gastroenterologist Shashin Shah, M.D., an

endoscopic ultrasound specialist. "It sees cysts, tumors and other abnormalities that CT scans and MRIs may not detect."

Besides the esophagus and liver, endoscopic ultrasound is commonly used to examine the stomach, pancreas, bile ducts and chest organs. If necessary, doctors can take biopsies of cysts or tumors during the procedure (which varies in length 40 to 90 minutes).

Juana remembers waking from her procedure to good news: the cyst was in the liver, consistent with a simple cyst, and nothing to worry about. "I was relieved, happy and thankful that this test was available close to home," she says. She left the hospital the same day, and her only side effect was a sore throat that was gone in a few hours.

Endoscopic ultrasound is a low-risk procedure with many benefits. "It helps us detect certain cancers earlier and determine if a patient is a candidate for surgery," Shah says. Before now, some patients had to undergo surgery only for doctors to discover during the procedure that the tumor was inoperable.

For the Garays, the greatest benefit of the new procedure is the peace of mind they enjoy knowing Juana doesn't have a serious medical condition. "It's a relief," Pedro says, "to know this situation is behind us."

Want to Know More about keeping your liver healthy and beating esophageal cancer? Call 610-402-CARE or visit lvh.org/healthyyou.

A New Way to Measure Heart Risk

Just because your cholesterol is normal, it doesn't guarantee a healthy heart. Half of all heart attacks and strokes occur in people without high total cholesterol. But now, major new research offers an added way to assess and reduce your cardiovascular risk.

The study, called Jupiter, focused on inflammation. "Inflammation is your body's own defense mechanism, mobilizing the immune system to combat an infection or injury," says

family medicine physician Jonathan Burke, D.O., of Lehigh Valley Health Network. But the process may work against you in the case of your arteries. "Inflammation is part of the process that contributes to plaque formation and blockages in the arteries," says Burke's colleague, cardiologist Andrew Sumner, M.D.

Doctors can measure low levels of inflammation in the bloodstream through a

Heart Disease Risk Factors

Elevated CRP may one day be added to the list of cardiac risk factors. Currently they include:

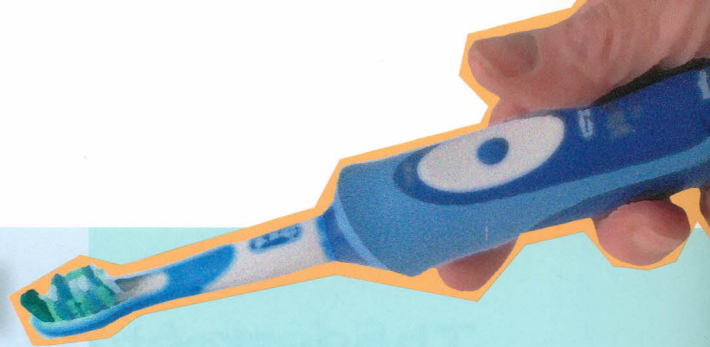
- Age (men 45+, women 55+)
- Overweight
- Smoking
- Diabetes
- Family history
- High blood pressure
- High cholesterol

Shopping for Dental Products

Good dental hygiene is an important way to protect your health.

(It's not just about your teeth, either—gum disease is linked to diabetes, stroke, heart disease and other problems.) “Brush twice a day, floss once a day, and get a dental cleaning and checkup twice a year,” says Charles Kosteva, D.D.S., of Lehigh Valley Health Network.

Which of those fancy tooth-care products do you really need? Here are Kosteva's guidelines:



Toothbrush—A brush with soft, rounded bristles cleans better than a hard brush because it fans out and hugs teeth. If your budget allows for an electric toothbrush (\$60-100), newer sonic versions deliver high-speed brushing and vibrating to remove more plaque. That leaves teeth and gums less vulnerable to decay and inflammation.



Toothpaste—Choose a combination toothpaste that includes fluoride and substances to reduce plaque buildup. One example is triclosan/copolymer, which coats teeth with an antibacterial ingredient. It prevents plaque from sticking and fights cavities for up to 12 hours. “Avoid cheaper toothpastes made in China,” Kosteva says. “They’ve been tainted in the past.”

Mouthwash—A bacteria-fighting rinse boosts your defense against tooth decay. “Fluoride rinses are good for children under age 16 without fluoride in their drinking water, and for decay-prone people like the elderly and those who’ve had radiation or chemotherapy,” Kosteva says. Skip whitening rinses, he says: “There are more effective ways to bleach.”



Floss—Even an electric toothbrush can't get at the plaque between teeth, where decay often starts. That's why regular flossing is vital to prevent gum disease. Try Teflon-coated floss for easy sliding.



When buying any dental product, Kosteva says, look for the ADA (American Dental Association) seal. “It means the product has been studied and does what the manufacturer claims.” If you have sensitive teeth, want a brighter smile or aren't sure what product you need for a dental condition, talk to your dentist.

Want to Know More about whitening your teeth? Call 610-402-CARE or visit lvh.org/healthyyou. Don't miss *Miles of Smiles*, page 20.

simple blood test called high-sensitivity CRP (C-reactive protein). The purpose of the Jupiter study was to see if people with elevated CRP but normal LDL (bad) cholesterol and no history of heart disease would benefit from a statin drug (typically prescribed for high cholesterol). The results were dramatic—the middle-age volunteers reduced their heart attack and stroke risk by 44 percent.

Does this mean everyone should have a CRP test? No, Sumner says. “The test is most useful in people with some risk factors for developing heart disease in the future. It helps identify those who wouldn't otherwise receive aggressive treatment, but who may benefit from it.”

Up to 20 million Americans now take statins, and the new findings

could add millions more to that number. “The overall safety of these drugs is excellent with minimal side effects, and lower-cost generic versions are now available,” Sumner says. “It is important to weigh the risks and benefits of taking any medicine, so talk to your doctor.”

Valuable as they are, statins shouldn't be viewed as a cure-all. You still need to exercise regularly, eat a heart-healthy diet, quit smoking and keep your weight in bounds. “A healthy lifestyle,” Burke says, “will reduce your risk for every sort of disease.”

Want to Know More about the various tests for heart disease, including CRP? Call 610-402-CARE or visit lvh.org/healthyyou.

Watch for a story on inflammation in a future issue of *Healthy You*.

The Latest on AD/HD

With the right treatment, children with the disorder can succeed

Johnny runs around frantically, while Susie drifts off in daydreams. Is this normal behavior?

It could be attention-deficit/hyperactivity disorder (AD/HD). About 5-10 percent of children have AD/HD, a brain condition that can affect all aspects of their lives. Some (like Susie) can't pay attention, others (like Johnny) are constantly in motion—and some children combine both behaviors.

"We all have trouble focusing or sitting still at times, but for people with AD/HD, it interferes with their ability to function," says Michael Schwartz, M.D., pediatrician at Lehigh Valley Health Network. "They may desperately want to control their behavior, but they can't."

If you suspect your child may have AD/HD, you'll need a comprehensive evaluation by a doctor. There are specific criteria for diagnosis. Symptoms must be present before age 7 (though AD/HD can persist into adulthood). Symptoms must be noticeable for six months or more in at least two settings (for example, school and home), and they must be out

of proportion for your child's stage of development. AD/HD often runs in families, but typically it's first spotted in school.

Most children with AD/HD also have a learning disability, mood disorder or other condition, says Schwartz's colleague, child psychiatrist John Campion, M.D.

"Treatment should address all the coexisting issues," he says.

Treatment for AD/HD usually involves a combination of behavior modification and medication. "Children need structure to help them move from one task to the next," Campion says. "You can help a child with AD/HD by keeping schedules in front of her, placing reminders around the house, giving her step-by-step instructions and minimizing distractions." If the child has other conditions as well, therapy can help.

Most medications for AD/HD are stimulants—and that makes some parents nervous. "It's never easy to put your child on medication," says Karen Senft, M.D., developmental pediatrician with the health network, "but these have been around for a long time and are quite safe when used and monitored appropriately." The drugs won't turn him into a robot, as some parents fear; they simply help focus the child's attention, much as glasses help focus someone's vision.

Medications can make a huge difference, Senft says: "Children treated for AD/HD do better academically, have higher self-esteem, and are less likely to have problems like substance abuse or failed relationships than children who aren't treated."

Schools play a key role in helping children with AD/HD, says Deborah Hartman, special education director for the Allentown School District. "Your child may qualify for a Section 504 or individual education plan, which gives him a higher level of support depending on his needs," she says. "Even without such a plan, the school can help him develop the organizational and social skills he needs to learn and succeed."

Want details on AD/HD?

Call 610-402-CARE
or visit lvh.org/healthyyou.



School is often where hyperactivity is first identified in a child.

Does Your Child Have Sleep Apnea?

Learn the symptoms of this common and damaging disorder



Symptoms to Watch For

Nighttime: Snoring, noisy or labored breathing, neck tilted backward, mouth breathing, drooling, disrupted sleep

Daytime: Waking up fussy, morning headaches, tiredness, moodiness, aggressiveness, hyperactivity, excessive daytime sleepiness, poor school performance, frequent ear and tonsil infections

Little Armani had slept poorly since his premature birth.

"His snoring was so loud we could hear him downstairs," says his mother, Yazmin Velez of Allentown. At age 2, Armani had a sleep test and was diagnosed with sleep apnea. Doctors removed his tonsils as early as possible, and the results were immediate: He slept without making a peep. "It was like magic," his mother says.

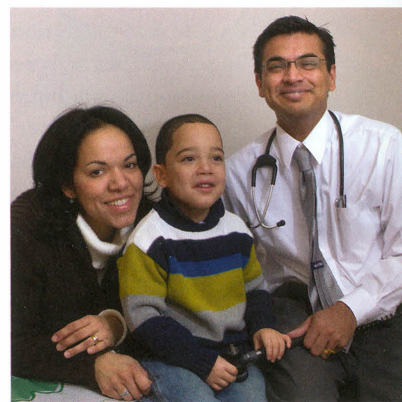
Though Armani's case was more severe than most, obstructive sleep apnea is a common childhood disorder affecting 2-4 percent of American children, says pediatric pulmonologist Dharmesh Suratwala, M.D., of Lehigh Valley Health Network. "When children don't sleep well for any reason, it can affect their growth, attention span, mood and school performance," Suratwala says. "Obstructive sleep apnea left untreated can have a significant long-term impact on heart function."

The condition usually is caused by enlarged tonsils and adenoids blocking the child's airway. Your child may be at higher risk if others in the family have a sleep disorder. Obesity also raises a child's risk.

Diagnosis involves overnight monitoring in a sleep laboratory. Most children with obstructive sleep apnea have outpatient surgery to remove their tonsils and adenoids, sometimes followed by a repeat sleep study to make sure the surgery was effective. Some children need further therapy with a pressure-ventilation device during sleep.

"Poor sleep habits don't always signal sleep apnea; they can be signs of other conditions," says Matthew Saltz, M.D., a pediatrician with the health network. Snoring and heavy breathing may be due to asthma or allergies. Children with restless leg syndrome (a strong urge to move the legs) sleep poorly, causing daytime fatigue, moodiness and even hyperactivity. And newborns often have acid reflux that keeps them from sleeping well.

If you suspect your child is not getting the benefit of a good night's rest or midday nap, call your pediatrician. Children's sleep is vital to their well-being.



A sound sleeper now—Armani's sleep apnea is gone thanks to Dharmesh Suratwala, M.D., shown here with the boy and his mother, Yazmin Velez. (Her husband, Ricky, is with her in photo at left.)

How much sleep do kids need?

Find out at
610-402-CARE or
lvh.org/healthyyou.

Can You Live Happily Ever After?

Three successful couples share their secrets

For Alisa Bowman, the combination of a new baby, a new house and husband Mark's new business had taken its toll. On Mother's Day 2007, she told Mark they needed to start working on their eight-year marriage or it would end in divorce.

"I read 12 self-help books that summer," says the 38-year-old Emmaus woman. "Mark isn't a reader, but he would read the sections I marked and was very willing to do the quizzes and exercises." They worked on forgiveness, communication, intimacy and more. Alisa dubbed the effort "Project Happily Ever After" and chronicled their progress online (www.projecthappilyeverafter.com).

The Bowmans' work paid off; they privately renewed their vows that September and went on a second honeymoon this year. "The official project is over, but you never stop working," Alisa says. "I don't read self-improvement books every day, but I do ask myself if we're talking enough, if I hug him enough, and if we're romancing each other."

Does a happy marriage always take this much effort? It's easier

if you have similar values and interests to start with, says psychologist Mary Kaland, Ph.D., of Lehigh Valley Health Network. "But you do need to work at communicating. The other hallmark of happy couples is that they consider their spouse their best friend."

Nancy and Todd Stansbery of Allentown credit the success of their 18-year marriage to the fact that they're both talkers with a similar approach to problems. "We see life's ups and downs as growing pains," says Nancy, 41. "Your strength as a couple builds with each challenge you face."

Bob and Eileen Shovlin of Allentown have seen their share of challenges. Their 22-year union was a second marriage for both and involved five children ages 9 to 16. "The struggles of blending our families tested us," says Eileen, 61. "Sometimes I had to tell him things he didn't want to hear. Because of our respect for each other, we were willing to do anything to make it work."

All three of these couples have a perspective on marriage that only comes with experience. "Most couples are so busy in the early years, they don't realize they haven't been

Bob and Eileen Shovlin

say the communication skills they developed from blending two families helped them forge a happy marriage. "We both realized that good marriages take a lot of work," Eileen says.



Alisa and Mark Bowman

launched "Project Happily Ever After" to improve their marriage. "The biggest thing is, if you have a problem with your partner, Speak up. Silence is deadly in marriage," Alisa says.



communicating very well,” Kaland says. By the time they’ve navigated some problems, learned to talk openly and developed common interests, it’s not surprising that they thoroughly enjoy each other’s company. “Our marriage was good at the beginning, but it has definitely gotten better,” Todd Stansbery says. “We have gotten more honest in our communication, and we both realized we are each other’s best friend.”

What can dating couples learn from these veterans? “Spend plenty of time together to see if you have common interests,” Kaland says. “Talk about things like politics and religion to see if you can handle difficult issues.” If you’re already married: “Devote time to discussing your marriage, how you’ve handled problems, and what you could have done differently to reinforce this vital relationship.”

Want to Know More about building a strong marriage and getting through tough times? Call 610-402-CARE or visit lvh.org/healthyyou.

Todd and Nancy Stansbery

say meeting life’s challenges can make a marriage better.

“If you get through the hard things, you are stronger afterward,” Nancy says.

Responding to a Blood Sugar Crisis

Sugar gets a bad rap

these days, but your body absolutely needs glucose, or blood sugar. It’s the main energy source for cells, especially in the brain. “When glucose levels drop too low, the body reacts with symptoms that must be counteracted quickly,” says family medicine physician Joseph Zienkiewicz, D.O., of Lehigh Valley Health Network. Low blood sugar, or hypoglycemia, can be life-threatening. It’s a major concern for people with diabetes, especially if they go too long without eating. But other conditions also can cause blood glucose to drop below safe levels (70 milligrams per deciliter).

If you encounter someone having this problem, it’s vital that you know how to respond. People with diabetes are taught to carry a blood sugar meter and quick sugar source for emergencies (and also to wear a medical alert ID), but not all hypoglycemics do.

“Hypoglycemia can make people unable to think or communicate clearly that they’re in trouble,” says nurse practitioner Justine Fierman, C.R.N.P., of the health network’s Helwig Health and Diabetes Center. Children and those with cognitive impairment are a special concern. Here’s what you need to know about symptoms and treatment:

- **Mild hypoglycemia**—The person is shaky and anxious and may have a rapid heartbeat or be pale and sweaty. **Treatment**—A quick sugar fix: half a cup of fruit juice or non-diet soda, 3-4 glucose tablets, 2 tablespoons of sugar or a handful of raisins. Wait 15 minutes to see if he improves (or if you have a meter, test to see if blood sugar level is above 70 mg/dL). If not, repeat the treatment and then have the person eat a meal or snack.

- **Moderate hypoglycemia**—The symptoms above are magnified and the person becomes too confused and uncoordinated to help himself. His speech is slurred and he may be argumentative or drowsy. Drivers in this condition often get pulled over by police who think they’re drunk. **Treatment**—Same as above, unless the person won’t cooperate. In that case, call 9-1-1.

- **Severe hypoglycemia**—The person is unconscious and may be having seizures. **Treatment**—Call 9-1-1 immediately. If the person carries a glucagon kit (a ready-to-fill syringe to boost blood sugar), follow the instructions to give him an injection while you wait for the ambulance.

Want to Know More about treating hypoglycemia in children? Call 610-402-CARE or visit lvh.org/healthyyou. See *Living With Diabetes programs*, page 18.



Quick sugar sources relieve mild hypoglycemia.

Illustration by Jane Boyle Hallman



A happy outcome for a busy mother—Free of breast cancer, Yrene Bodenstein can focus on what matters—like overseeing homework. Her children (l-r) are Robert, 8, Anthony, 3, and Meghan, 11.

Breast Cancer Patient Chooses New Approach

Oncoplasty brings cancer surgeon, plastic surgeon together from the start

Yrene Bodenstein had just turned 40 when she moved from New Jersey to Lower Macungie Township. She knew she needed her first mammogram, but put it off—she didn't have a local doctor yet and was still breastfeeding her infant son.

A year later, Bodenstein got that mammogram and was diagnosed with early-stage breast cancer. It wasn't good news for the busy wife, mother of three and business owner. Because of the tumor's size, her first surgeon recommended a mastectomy (breast removal). But surgical oncologist Aaron Bleznak, M.D., of Lehigh Valley Health Network suggested a unique approach called oncoplastic breast surgery. It meant Bodenstein could receive the treatment she needed without losing her breast.

With oncoplasty, the surgical oncologist (cancer specialist) and plastic surgeon work together right from the start. They consider the extent of cancer surgery needed, the patient's breast size and shape, and potential reconstruction techniques so the breasts will match. The result is an artful blend of plastic surgery and complete cancer removal.

"This is a major advancement in breast cancer surgery," says Bleznak's colleague, plastic surgeon Robert X. Murphy Jr., M.D. "It boosts our patients' confidence and reduces their down time and emotional turmoil."

"I'm pleased with the cosmetic and medical results," Bodenstein says. Evidence of her large lumpectomy is practi-

cally invisible. "Oncoplasty allows us to offer breast conservation to more women than ever before, with good cosmetic results and a very low risk for recurrence similar to that with mastectomy," Bleznak says.

Bodenstein made it through the days after her surgery with the help of her husband and sister. "I was psyched to go to my follow-up appointment and get on with my life," she says. At that appointment, she got an unexpected shock: the cancer had spread to one of her lymph nodes. She met with a team of cancer specialists and based on its recommendation, decided to have eight more lymph nodes removed. (All turned out cancer-free.)

In June 2008, Bodenstein completed seven weeks of daily radiation therapy. During that time she kept living her life—running her children to sports and activities, cultivating her online business and adjusting to life in a new state.

Her first follow-up mammogram showed the cancer hadn't returned. "I breathed the biggest sigh of relief when I heard that," she says. "I was so busy going through the motions of life, I didn't even realize I was holding my breath."

Follow Yrene Bodenstein's journey at
610-402-CARE or
lvh.org/healthyyou.

When a Person Stops Working

Retirement—voluntary or not—can be very stressful

“Is there anything more to me than my job?” It’s a poignant question for many people facing retirement—and these days, “retirement” may well come as a downsizing rather than a choice.

Voluntary or not, the end of a career is one of life’s most stressful events, says geriatrician Charles Gordon, M.D., of Lehigh Valley Health Network. “Your job or profession tends to be a large portion of who you think you are,” he says. Especially if you’re unprepared, the question of how to fill all that newly available time can be overwhelming—and indeed, research points to a higher risk for depression and chronic illness the first year after retirement.

To some extent, it’s predictable who is likely to make the transition most easily. “People whose sense of self-worth is connected to multiple roles such as caregiver and friend may feel less devastated than people who strongly identify with their job role,” says Jamie Bongiovi, a clinical social worker with the health network. Age is also a factor: “An older person may have an easier adjustment than a 62-year-old whose peers are still working.”

And there’s no question that retirement is easier when it’s voluntary. “On top of all the other issues, someone forced into retirement is coping with guilt, financial worries and a massive blow to the ego,” Gordon says.

Ultimately, though, it’s impossible to know how any given person will respond to the end of his or her working life, says John Fitzgibbons, M.D., newly retired himself from Lehigh Valley Health Network. “Some people do unexpectedly well, others struggle; and many don’t figure it out until after they’ve been retired for a while,” he says.

There are steps you can take to ease the transition:

Allow yourself to grieve the loss of your career.

“Any loss is a huge change in your normal way of functioning,” Bongiovi says.

Cultivate interests or hobbies. “The idea is to retire *to*, not *from*,” Gordon says. “If you’re fortunate enough to be able to plan ahead, start developing other aspects of yourself. That way, they’ll be in place already when you retire.”

Stay connected with your family, friends and community. It’s key to successful and healthy aging, and provides a support network that can be helpful if your job ends unexpectedly. “If you need to relocate, make sure it’s a place

where you can readily develop new friends,” Fitzgibbons says.

Talk it through with your spouse. If you both work, discuss the timing of each other’s retirement, and how home responsibilities will shift when one of you is freer.

Pay attention to your health. “Health is a non-renewable asset,” Gordon says, “so don’t economize on it. Retirement is an opportunity to improve your diet, achieve your ideal weight and get in good physical condition.”

Consider a second career. Many people today “retire” to career changes. Whether it’s paid or volunteer work, Fitzgibbons says, “we all need something that makes us feel needed and valuable.”

Want to Know More about free financial counseling for medical bills? See back cover.

Help! My spouse is retiring!
Get tips at
610-402-CARE or
lvh.org/healthyyou.



Healthy You

Ready to take charge of your health?

In these pages, you'll find programs for all ages and needs. **Registration is required.** Just call 610-402-CARE or visit lvh.org. You'll get a refund if a class is cancelled due to low enrollment.

A different beat—Want to help your child stay fit and have fun? Try Kids Beats, a music-and-rhythm class that keeps 10-year-old Meggan of Coopersburg moving. *Page 16*



MANAGING YOUR WEIGHT

Weight-Loss Surgery

We offer comprehensive pre-op programs, support, education and long-term follow-up.

Surgery Information Night—

Monthly program on what to expect, from a surgeon and others. **FREE**

At LVH—Cedar Crest

Monthly Support Group—Support and information on a variety of weight-loss surgery topics. **FREE**



Weight Management Services

Individual

Supportive Weight Loss—Six-month nonsurgical program with a team of nutrition, exercise and lifestyle professionals. • \$415

Nutrition Counseling—Assessment, body-fat analysis and goal-setting with a registered dietitian. • \$50

Nutrition Counseling/Metabolism—Counseling (see above) plus personal metabolism test and interpretation. • \$89

Body Composition Test—Learn your percentage of fat vs. muscle, more useful than weight alone. • \$13.50

Group

NEW Metabolism Matters—

Spend an hour with a dietitian on diet, exercise, boosting your metabolism. • \$15

Eating Well for Life—Learn how to make food choices for weight management and well-being. Includes grocery tour. *2 (4-session) parts • \$65 each*

• Part 2, starting Mon., April 6; 2:30-3:30 p.m. (Part 1 for this session has already occurred)

• Part 1, starting Wed., May 13; 6-7 p.m. *At 1243, 2nd floor classroom Robin Gayle, dietitian*

L.E.A.R.N. to Lose Weight—Lifestyle, Exercise, Attitude, Relationships, Nutrition. Includes grocery tour, follow-up. *12 weeks • \$195*

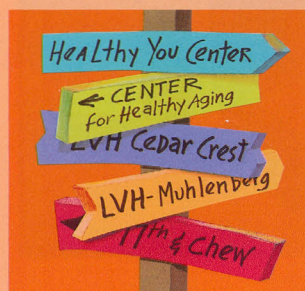
• Wed., starting May 13; 5-6 p.m.

At 1243, 2nd floor classroom Robin Gayle, dietitian

For locations and times, call 610-402-CARE.

How Do I Get There?

Classes and lectures are held at many hospital and community locations. Here's a complete list, keyed to the abbreviations you'll find in each class listing. Questions? Call 610-402-CARE (2273).



Lehigh Valley Health Network Locations

LVH—Cedar Crest Lehigh Valley Hospital, Cedar Crest and I-78, Allentown

LVH—17 Lehigh Valley Hospital, 17th and Chew Sts., Allentown

LVH—Muhlenberg Lehigh Valley Hospital—Muhlenberg, Rt. 22 and Schoenersville Rd., Bethlehem

CAHC—Center for Advanced Health Care 1250 S. Cedar Crest Blvd., Allentown

HYC—Healthy You Center 3401 Fish Hatchery Rd., Allentown

HYFC—Healthy You Fitness Center—Cedar Crest, 1243 S. Cedar Crest Blvd., Allentown

HYFC—Healthy You Fitness Center—Muhlenberg, 1770 Bathgate Rd., Third floor, Bethlehem

Center for Healthy Aging—Lehigh Valley Hospital, 17th and Chew Sts., Allentown
Health Center at Bethlehem Township, 2101 Emrick Blvd., Bethlehem

Health Center at Trexlertown, Rt. 222 and Lower Macungie Rd., Trexlertown

HPC—Human Performance Center 250 Cetronia Rd., Allentown

1770 Bathgate Rd., Bethlehem

1243 S. Cedar Crest Blvd., Allentown

2166 S. 12th St., Allentown

Community Locations

Bethlehem Township Community Center 2900 Farmersville Rd., Bethlehem

Cedar Crest College 100 College Dr., Allentown

Da Vinci Science Center Hamilton St. bypass and Cedar Crest Blvd., Allentown

Good Shepherd Rehabilitation Hospital 631 St. John St., Allentown

Hanover Township Community Center 3660 Jacksonville Rd., Bethlehem

Lower Macungie Township Community Center 3400 Brookside Rd., Macungie

Whitehall Township Schadt Avenue Park 1975 Schadt Ave., Whitehall

RAISING A FAMILY

Being a parent is your most important job, and we're here to help!

Ongoing programs

For details and to register, call 610-402-CARE.

Redirecting Children's Behavior (RCB)

Series—Enjoy a peaceful home with responsible children. Five-week course to be a more effective, calmer parent.

\$200/person; \$275/couple
(payment plan available)

- Thu., starting April 2; 6:30-9:30 p.m.
- Wed., starting May 6; 6:30-9:30 p.m.

At LVH—Cedar Crest

Workshops—Apply the RCB philosophy to some hot parenting topics.

\$25/person; \$30/couple per workshop;
all 6:30-8:30 p.m.

At HYC unless otherwise noted

Surviving the Toddler Years

- Fri., March 20

At HYC

- Tue., April 7

At LVH—Muhlenberg

Handling Power Struggles

- Tue., March 24
- Mon., May 4

Getting in Step with Step-Parenting

- Tue., April 21

Parenting Your Teenager

- Fri., May 8

At Hanover Twsp. Community Center



FitKidz Plus—Nutrition and lifestyle change for 8-12-year-olds and their parents.

\$160

Fit Teens—Nutrition and lifestyle change for 13-15-year-olds in collaboration with Healthy You Fitness Center.

8 weeks • \$160

Safe Ride—Car Seat Safety

Our certified technicians will show you how to correctly install car seats and properly secure your child. **FREE**

At HYC

Our Raising a Family flyer gives details, times and locations for all the programs. For a copy, call 610-402-CARE or visit lvh.org/healthyyou.

- **NEW** Childbirth on the Internet
- Pregnancy 101
- Prepared Childbirth Series
- Weekend Prepared Childbirth
- Prepared Childbirth Refresher
- Pregnancy Massage
- Diabetes in Pregnancy
- Prenatal Exercise—Fit to Be a Mom
- Expectant Parent Tour
- My Baby and Me Sibling Tour
- Baby Care
- Breastfeeding Baby
- Breastfeeding Monday Morning Moms

- CPR for Family and Friends
- Safe Sitter
 - Sat., April 18
- At Hanover Twsp. Community Center
- CPR for Safe Sitter Student
- Depression After Delivery—Postpartum Support
- Adolescent Cancer Support Group
- Secondhand Smoke
- Keep Us Healthy
- Sugar-Free Kids Diabetes Support Group (ages 6-12)
- Health Care Careers



SCREENINGS

For details and to schedule an appointment, call 610-402-CARE.

Lung Cancer

For details, call 610-402-CARE.

Skin Cancer Screenings

FREE

- Tue., May 5; 6-7:30 p.m.
- At LVH—Muhlenberg
- Wed., May 6; 6-8 p.m.
- At LVH—Cedar Crest

HIV Testing—Free, anonymous and confidential HIV testing with results in 20 minutes.

Walk-in hours

- Tue., 1:30-3 p.m.
- Thu., 10-11:30 a.m.

At LVH—17, AIDS Activities Office

Osteoporosis **FREE**

- First Thu. of month; 4-6 p.m.
- At LVH—Muhlenberg
- First Mon. of month; 9-11 a.m.
- Third Wed. of month; 1-4 p.m.
- At 1243, Suite 300

Vascular Screenings—

Painless testing for those age 50+ with high cholesterol, high blood pressure or family history of vascular disease.

- Stroke** • \$40
- Abdominal Aortic Aneurysm** • \$40
- Peripheral Arterial Disease** • \$15

At 1243, Suite 300



"I knew immediately that I wanted to be a burn surgeon."

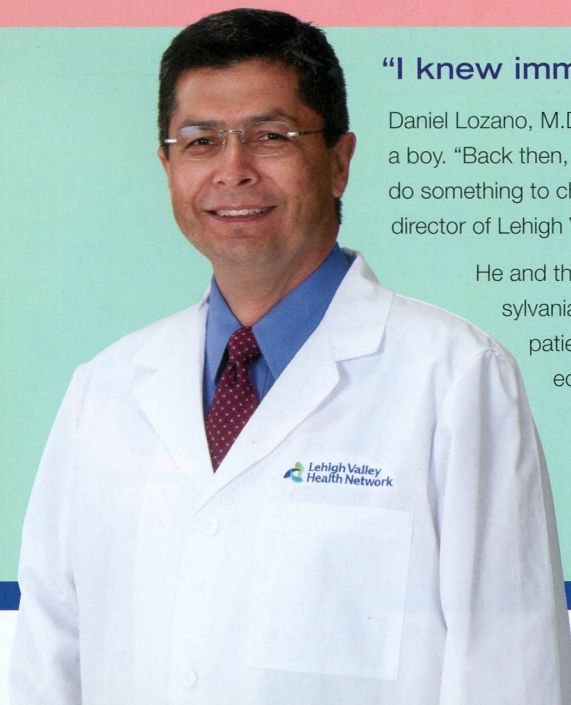
Daniel Lozano, M.D., decided on his career track the day he visited a burn unit as a boy. "Back then, burn patients suffered long, painful hospital stays. I wanted to do something to change that," says Lozano, who grew up to become the medical director of Lehigh Valley Health Network's Regional Burn Center.

He and the other two burn surgeons at the Regional Burn Center—Pennsylvania's busiest burn facility—care for 600 pediatric and adult burn patients annually. They also study new ways to treat wounds and educate the community on how to prevent burn injuries.

"Our goal is to decrease the number of burns, and help those who are injured to make the best possible recovery," Lozano says. "I want to ensure the care our patients receive is better than anywhere else in the country."

Our Regional Burn Center has:

- Three board-certified burn surgeons
- Specialized care for adults and children
- State-of-the-art infection control
- Innovative wound treatments
- Rehabilitation
- Follow-up care at the Burn Recovery Center



STAYING FIT

You'll find the right workout here! You need to register (610-402-CARE) and fill out a health readiness questionnaire. Age 16 or older.

NEW Power, Agility and Speed

Training programs for junior high, high school athletes. Focuses on strengthening, conditioning, preventing injuries.

16 classes/8 weeks • \$130

At HYFC—Cedar Crest

To register, call 610-402-CARE.

NEW RAD

Learn realistic self-defense tactics and techniques in this program designed just for women.

5 weeks • \$65

• Tue., starting March 17; 6-9 p.m.

At HYFC—Cedar Crest

• Sat., starting March 14; 8:30-11:30 a.m.

At HYFC—Muhlenberg

NEW Mother/Daughter Belly Dance Workshop

Develop grace, tone muscles and boost self-esteem through the ancient art of belly dancing.

\$30/two

• Sat., May 9; 9-11 a.m.

At HYC



NEW Kids Beats

Learn rhythm, concentration and togetherness using music, balls and sticks to drum. For ages 10-14.

4 weeks • \$28

• Wed., starting May 13; 6:15-7 p.m.

At HYFC—Cedar Crest

NEW Family Beats

A unique program of drumming and creative movement for the entire family. Helps you get fit.

4 weeks • \$28 (discount for additional family members)

• Sat., starting April 4 or May 2; 9-9:45 a.m.

At HYFC—Cedar Crest

Ongoing programs

For details and to register, call 610-402-CARE.

Keep Fit and Stay Healthy—

Monthly health information and screenings. This quarter: skin cancer prevention, UV facial skin analysis.

FREE

• Mon., April 20; 6-7 p.m.

At HYFC—Cedar Crest

• Mon., May 18; 6-7 p.m.

At HPC

Staff from Youthful You Institute and cancer services

Aqua-New—Exercise in the water to improve posture, balance, strength and confidence in physical activity.

8 classes/8 weeks • \$64

16 classes/8 weeks • \$128

• Tue. and Thu., starting March 24, 26; 7:15-8:15 p.m.

At HPC

Ballroom Dancing—Learn to dance for special occasions or just for fun. Includes waltz, foxtrot, swing.

8 weeks • \$64

• Tue., starting March 31; 10:30-11:30 a.m.

• Thu., starting April 2; 6:15-7:15 p.m. or 7:15-8:15 p.m.

At HYFC—Cedar Crest

Cardio-Fit—Recreational water class builds cardiovascular fitness. Appropriate for post-cardiac recovery.

12 classes/6 weeks • \$65;

\$50 with Vitality Plus GOLD

At Rodale Aquatic Center, Cedar Crest College

Drums Alive™—Combine dynamic movements and rhythms using fitness balls and drumsticks.

8 weeks • \$56

• Mon., starting May 11; 6:15-7 p.m.

At HYFC—Cedar Crest

Age-Proof Workout—Low-impact cardio, strength-training and yoga—mind/body exercise.

16 classes/8 weeks • \$80

• Tue. and Thu., starting April 2; 8:30-9:45 a.m.

At HYC

Body Wedge 21™—Repetition exercises targeting the major fat-storage areas and muscle groups.

8 classes • \$56

• Thu., starting April 23; 6-6:45 p.m.

At HYC

Belly Dancing for Fun and Fitness—Stimulates senses, tones muscles, builds coordination and creativity.

8 classes • \$56

Intro

• Mon., starting March 16; 6:15-7:15 p.m.

At 1770

• Tue., starting May 5 or Fri., starting May 8; noon-1 p.m.

At HYC

Level II

• Mon., starting March 16; 7:30-8:30 p.m.

At 1770

• Fri., starting May 8; 10:45-11:45 a.m.

At HYC

Belly Danse Elite (Intro and Level II prerequisites)

• Tue., starting May 5; 10:45-11:45 a.m.

At HYC

Tahya, dance instructor

Cardio Kickbox—A high-powered routine strengthening body and mind.

8 classes • \$56

• Mon., starting May 11 or Wed., starting May 13; 7-8 p.m.

At HYFC—Cedar Crest

PUMP—Challenging muscle strength/endurance workout targets major muscle groups using resistance.

8 classes • \$64

• Sat., starting April 4; 7:45-8:45 a.m.

At HYFC—Cedar Crest

• Wed., starting April 8; 6:30-7:30 p.m.

At HYC



Pilates Express—Deep muscle conditioning builds core strength.

8 classes • \$48

• Tue., starting March 31; 5-5:45 p.m.

At HYC

• Wed., starting April 8; 5:15-6 p.m.

At HYC

Gym Class for Kids—Learn how the body works while exercising in a safe, fun environment. Ages 8-12

8 weeks • \$64

At HYFC—Cedar Crest

FlashFit—Circuit training—a fun, motivating way to boost energy and burn fat.

16 classes/8 weeks • \$64

• Mon. and Wed., starting March 30; 8:30-9:15 a.m.

At HYC

• Tue. and Thu., starting April 30; 7-7:45 p.m.

At 1770

Interval Express—Alternate short bursts of intense cardio with active recovery in a 45-minute workout.

16 classes/8 weeks • \$64

• Mon. and Thu., starting April 27; 5-5:45 p.m.

At HYC

Staying Strong—Strength class combines low-impact cardio moves with resistance. Improve endurance, tone muscles, slow bone loss.

16 classes/8 weeks • \$44

• Tue. and Thu., starting April 2; 5:45-6:45 p.m.

At 1770

24 classes/8 weeks • \$66

• Mon., Wed., Fri., starting May 6; 10-11 a.m.

At Lower Macungie Twsp. Community Center

Exercise for Life—A low-intensity class to prevent disease, build muscle and boost well-being.

Monthly fee \$34 per session

\$30 with Vitality Plus GOLD

• Mon., Wed., Fri., 8-9 a.m.

At Lower Macungie Twsp. Community Center

• Mon., Wed., Fri., 9-10 a.m.

At Whitehall Twsp. Schadt Avenue Park

CARING FOR MIND AND BODY

NEW Physical Therapy and Headaches

Learn how therapy can target your pain relief. **FREE**

- Thu., March 26; 6-7 p.m.

*At CAHC, 4th floor conference room
Stephanie Marshall, physical therapist*

Ongoing programs

For details and to register, call 610-402-CARE.

Mindfulness-Based Stress Reduction

Nationally recognized program uses group support, communication, yoga and meditation.

Free Information Session

- Tue., March 31; 6-7:30 p.m.

At LVH—17, Center for Healthy Aging

8-week Sessions

- Tue., starting April 14; 6-8 p.m.

At LVH—17, Center for Healthy Aging

- Wed., starting April 15; 6:30-8:30 p.m.

At LVH—Muhlenberg, Banko Center

Reiki I—Become a Reiki practitioner and learn its history, what it can and can't do, and its benefits.

\$100

- Sat., March 21 or April 18; 10 a.m.-3 p.m.

At LVH—Muhlenberg, educational conference center

Scott Pellington, Reiki master

NEW Reiki II—Learn benefits of channeling healing energy and advanced Reiki techniques. Reiki I prerequisite.

\$130

- Sat., April 4; 10 a.m.-3 p.m.

At LVH—Muhlenberg, educational conference center

Scott Pellington, Reiki master

Discover Relaxation Within

Learn to ease your stress through a variety of relaxation techniques.

2 (4-session) parts • \$65 each

- Part 2, starting March 10; 3:30-5 p.m.

At 1243, 2nd floor classroom

*Dianna Mulhern, Barb Smith and
Jerry Rodriguez*

Massage Therapy—Medical therapists offer neck, back and shoulder, therapeutic, pregnancy, foot, hot and cool stone, Reiki. Prices \$30-\$100; gift cards available.

At LVH—Muhlenberg

At LVH—Cedar Crest

Provided by Youthful You Institute

Yogalatte—Add Pilates to yoga for core-body conditioning.

8 classes • \$48

- Wed., starting March 18; 4:15-5 p.m.

- Tue., starting March 31; 6-6:45 p.m.

At HYC

Yoga—Build flexibility and strength, reduce stress and rebalance your life through series of postures.

8 classes • \$80

Relaxing—gentle flow of poses

- Thu., starting April 30; 10-11:15 a.m.

- Mon., starting May 11; 6-7:15 p.m. or 7:30-8:45 p.m.

At HYC

- Tue., starting April 7; 10-11:15 a.m.

- Wed., starting May 13; 5:30-6:45 p.m.

At 1770

Energizing—stimulating flow of poses

- Tue., starting April 7; 7-8:15 p.m.

- Thu., starting April 23; 7:30-8:45 p.m.

At HYC

Everyday Tai Chi—Focus on graceful, flowing movements combined with breathing.

8 weeks • \$76

- Wed., starting April 1; 10-11:15 a.m.

At HYC



LOOKING GOOD

Ongoing programs

For details and to register, call 610-402-CARE.

Healthy Hands and Nails—Your hands deserve TLC. Learn about moisturizing, strengthening. **FREE**

- Tue., March 24; 6:30-7:30 p.m.

Corrective and Protective Skin Care—Focuses on skin problems of aging and solutions for your skin type. Products and ingredients reviewed. **FREE**

- Tue., April 14; 6:30-7:30 p.m.

Natural Mineral Makeup Application—Learn how advanced mineral makeup, antioxidants nurture skin. **\$30**

- Sat., May 9; 9:30 a.m.-12:30 p.m. by appointment

All at LVH—Muhlenberg, south entrance 1st floor conference room

Laura Transue, licensed teacher of cosmetology, and staff, Youthful You Institute

**"I was at wit's end with the pain."**

Last year, 30-year-old Rachel Fegely of Allentown couldn't even sit through dinner. A bulging disc sent searing pain down her legs to her tingling toes, so she had to keep standing and stretching. After three years of trying steroid shots, physical therapy, traction and acupuncture, the busy hairstylist turned to neurosurgeon Chris Lycette, M.D. "It was getting harder and harder for me to work," she says.

Lycette performed lumbar fusion surgery, and Fegely's recovery has been smooth. "I still have bad days; that's part of the process," she says. "But I'm back to my busy schedule, and I feel like myself again."

Lehigh Valley Health Network has:

- Fellowship-trained spine surgeons skilled in the latest small-incision techniques
- The most advanced technology for a quick, accurate diagnosis
- Active research to find new surgical and nonsurgical ways to alleviate pain
- A specialized neuroscience ICU for complex brain and spine surgery

PROTECTING YOUR HEALTH

Ongoing programs

For details and to register, call 610-402-CARE.

Clear the Air—Prepare to quit tobacco use. Get tools to take action, stay motivated.

\$45

• Tue., May 12; 6:30-8:30 p.m.

At 1243, Suite 300

Rebecca Johnston and Dianna Mulhern

For possible insurance discounts, call 610-402-CARE.

See related article on page 5.

Tobacco Treatment Program—12-month program of individual counseling and ongoing support can help you quit smoking.

Ornish Support Group—

Weekly support for those following the Dr. Dean Ornish Program for Reversing Heart Disease®. **FREE**

At LVH—17

CPR

Fundamentals of Basic Life Support

One- and two-person, child and infant CPR. 2-part course

BLS Renewal—To attend you must have a current BLS Health Care Provider card.

Heartsaver Pediatric—Focus on infant and child CPR.

Heartsaver AED and First Aid—Adult CPR, use of automated external defibrillator (AED); first aid for acute injuries and illness.

At 2166

Coalition for a Smoke-Free Valley—Offers volunteer opportunities and community programs like these all year (English, Spanish):

Secondhand Smoke—What you need to know to protect you and your family.

Advocacy—Build your skills to deliver effective tobacco-prevention messages.

Keep Us Healthy—Learn how tobacco smoke harms infants and small children.



KEEPING UP TO DATE

NEW Employer Wellness Forum

Learn from four leading experts how to motivate employees to adopt and maintain healthy behaviors. Presented by Valley Preferred and HealthAmerica. **FREE** (includes breakfast)

• Tue., March 31; 8 a.m.-noon

At Hotel Bethlehem

To register, call 610-402-CARE.

NEW Lunch 'n' Learn

Health Insurance for Small Businesses (2-50)

Learn about options through insurers contracted with Valley Preferred. Includes health plans, BeneFIT wellness programs. **FREE** (includes lunch)

• Wed., April 29; 11 a.m.-1 p.m.

At LVH—Cedar Crest, Kasych, room 10

Space is limited; for details and to register, call 610-402-CARE.

LIVING WITH DIABETES

Ongoing programs

For details and to register, call 610-402-CARE.

Pre-Diabetes—Learn to prevent or delay diabetes with modest lifestyle change.

Type 1 Self-Management—Individualized support and education to improve diabetes control.

Type 2 Self-Management—Education on healthy eating, being active, monitoring, taking medications, problem-solving, reducing risks.

Diabetes Follow-up—Ongoing self-management education for type 1 or type 2. Includes Internet resources.

Medical Nutrition Therapy—On Medicare with diabetes or non-dialysis kidney disease? Meet with a dietitian.

See related article on page 11.

Intro to Insulin Pump Therapy

Learn about the various pump options to see if this approach is right for you.

Insulin Pump Training—Hands-on instruction and troubleshooting.

Insulin Pump Follow-up—Learn advanced features of the pump.

Intensive Management—Education to fine-tune your diabetes control (injections or pump) and balance insulin needs.

Diabetes in Pregnancy—Education and support, preconception through pregnancy.

Sweet Success: Living Well With Diabetes Discussion Group

• Third Thu. of month; 6:30-8 p.m.

Insulin Pump Support Group

• Third Mon. every other month; 6:30-8 p.m.

Sugar-Free Kids Support Group

For children age 5-12 and their parents, monthly meetings provide education, support, fun activities.



COPING WITH ILLNESS

NEW Peripheral Neuropathy Update

Numbness, tingling and burning feet? Learn about the causes and treatments for peripheral neuropathy. **FREE**

- Wed., March 18; 7-9 p.m.

At LVH—Cedar Crest

Jay Varrato, D.O., neurologist

NEW Myasthenia Gravis

Learn about symptoms of this neuromuscular disorder, how it's diagnosed and treatments to control it. **FREE**

- Wed., May 6; 7-9 p.m.

At LVH—Cedar Crest, auditorium

Yuebing Li, M.D., neurologist

Ongoing programs

For details and to register, call 610-402-CARE.

Joint Replacement Prep—For those scheduled for total knee or hip replacement surgery. What to expect in hospital, during rehabilitation. **FREE**

- Wed., March 11; May 13 8:30-10 a.m.
- Thu., April 9; 1:30-3 p.m.

At LVH—Muhlenberg

- Thu., May 19, April 16; 1:30-4:30 p.m.
- Tue., April 7; 8-11:30 a.m.
- Tue., May 5; 8:30-11:30 a.m.

At LVH—Cedar Crest, Kasych, room 10

Get Up and Go—Group exercise for those with Parkinson's disease or other movement disorders.

4 weeks • \$20

- Every Mon.; noon-1 p.m.

At 1770

For Cancer Patients

Lymphedema Support Group—For those with cancer-related lymphedema (fluid retention). **FREE**

- Tue., April 7; 7 p.m.

At LVH—Cedar Crest, Kasych, room 5

Preparing for Breast Cancer Surgery—How exercise helps, what to expect post-surgery.

- First and third Tue.; 4 p.m.

At LVH—Cedar Crest,
Morgan Cancer Center

- Second and fourth Thu.; 10 a.m.

At LVH—Muhlenberg

See related article on page 12.

Lehigh Valley Chapter of the National Ovarian Cancer Coalition—Promotes education, awareness and advocacy.

Bereavement Support Group—For family and friends coping with a death. Monthly topics vary.

Adolescent Support Group—For teens who have lost a loved one.

Men Facing Cancer—Discussion group on prostate, bladder or genito-urinary cancer; partners/friends welcome.

Support of Survivors—24-hour phone line staffed by breast cancer survivors to help recovering women. **610-402-4SOS (4767).**

- Support group meets first Mon.



For Stroke Patients

Stroke Support Group **FREE**

- Second Thu.; 7 p.m.

Stroke Exercise/Educational Program

- First, second, third Tue.; noon-1 p.m.

Lunch 'n' Learn for Stroke Survivors and Family **FREE**

At Good Shepherd
Rehabilitation Hospital

For MS Patients

NEW Spring MS Symposium

Learn how MS psychologically affects patients and their families. **FREE**

- Sat., April 18; 10 a.m.-2 p.m.

At LVH—Cedar Crest, Kasych

Dinner and Discussion—

Informal open panel. Some sessions are based on years with MS diagnosis. **FREE**

- Thu., March 19; 5 p.m.

(for those diagnosed 5-10 years ago)

MS School—Newly diagnosed? What you need to know. Refreshments. **FREE**

Lunch 'n' Learn—Programs for patients and caregivers. **FREE**

Dates and details at 610-402-CARE

AGING WELL

NEW Safe Steppin'

Falls are a major risk for the elderly. Learn how to prevent them and improve balance. Balance screenings available.

For details, call 610-402-CARE.

College of Knowledge

Managing Your Diabetes—Learn about older-adult diabetes management do's and don'ts. **FREE**

- Fri., March 13; 10-11 a.m.

Health Care Decisions—Learn about advance directives and health care decision-making. **FREE**

- Wed., April 15; 11 a.m.-noon

At LVH—17, Center for Healthy Aging

Ongoing programs

For details and to register, call 610-402-CARE.

55-Alive Driver Safety Program

\$10; Free with Vitality Plus GOLD

At LVH—17, Center for Healthy Aging

Medicare Counseling

FREE

- Walk-in hours most Fridays; 1-3 p.m.

At LVH—17, Center for Healthy Aging

BenefitsCheckUp

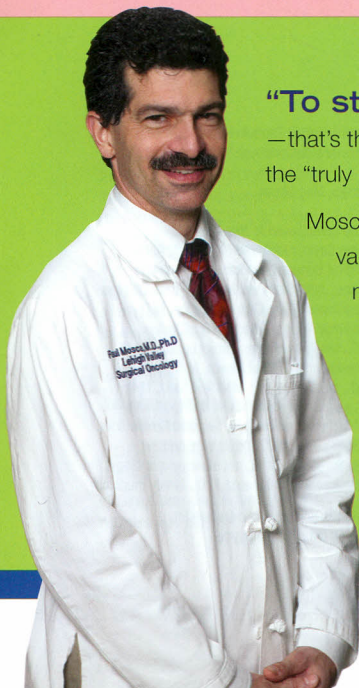
FREE

- First, third Mon. of month; 1-3 p.m.

At LVH—Muhlenberg, pharmacy

- Second, fourth Wed. of month; 12:30-4:30 p.m.

At LVH—17, Center for Healthy Aging



"To start the healing process on the patient's very first visit"

—that's the goal for cancer surgeon Paul Mosca, M.D. It's possible, he says, because of the "truly exceptional" cancer care at Lehigh Valley Health Network

Mosca and his colleagues conduct research—for example, studying a melanoma vaccine—that brings the latest knowledge to our region. They offer pioneering treatments like chemoembolization for liver cancer (delivering high-dose chemotherapy directly to the liver while blocking the tumor's blood supply). They're constantly updating their education.

"Everyone on the team pays tremendous attention to the emotional needs of patients and their families," Mosca says. "For me, patient care does not stop after the surgery. I do my very best to be there when they need me."

Lehigh Valley Health Network has specialists in:

- Children's cancer
- Breast cancer
- Gynecologic cancer
- Urologic (prostate, kidney, bladder) cancer
- Lung cancer
- Brain cancer

AROUND OUR COMMUNITY

NEW Health Care Career Discovery

A chance for students (high school and post) to explore careers in health care firsthand. Interactive presentations on specific fields, departments. Q&A. **FREE**

Health Care Options in the Community

- Mon., March 16; 6-8 p.m.

At LVH—17, auditorium

Your Prescription for Success

- Mon., March 30; 6-8 p.m.

At LVH—Muhlenberg, educational conference center

NEW Miles of Smiles Community Celebration

Come tour Miles of Smiles, a new mobile dental van for area children. **FREE**

- Mon., March 30

For details on location and time, call 610-402-CARE.

See related article on page 7.

NEW Walk for Wellness

Explore the new 12-mile trail for all ages and fitness levels at the Trexler Nature Preserve with the Wildlands Conservancy. **FREE**

- Sat., May 2; 10 a.m., rain or shine

To register and for directions, call 610-402-CARE.

NEW Inner City Faith Collaborative Health Fair

Tenth annual fair co-sponsored with Lehigh Valley Health Network and Allentown Health Bureau. Fun, prizes, healthy snacks, education for all ages. Meet Ferrous, the IronPigs mascot. **FREE**

- Sat., May 2; 11 a.m.-3 p.m.

At Boys Club at Cumberland Gardens, Susquehanna and S. Ellsworth Sts., Allentown

NEW The Fight of a Champion

Lehigh Valley Health Network's John and Dorothy Morgan Cancer Center hosts an exciting community event.



Keynote speaker Peggy Fleming,

1968 Olympic figure skating gold medalist, tells how she overcame her greatest challenge: breast cancer. A successful author, TV personality and sports commentator, Fleming will inspire breast cancer survivors and all who have faced life challenges. **FREE**

- Thu., May 14; 8 p.m.

At Holiday Inn Conference Center, Fogelsville

To register, call 610-402-CARE.

See related article on page 12.

NEW A Day at the Ballpark

Learn about breast cancer from our experts while attending an IronPigs game. Prizes and giveaways.

FREE with game ticket

- Sun., May 3; 1 p.m.

At Coca-Cola Park

NEW Understanding IVF

Learn about in vitro fertilization, including required testing, genetic assessments and the medical process. **FREE**, reservations required.

- Tue., March 24 or Thu., May 7; 6:30-8 p.m.

At LVH—Cedar Crest, Kasych, room 1
Wendy Schillings, M.D., reproductive endocrinologist

For details, call 610-402-CARE.

First Strides®

For women ages 12-112, this 12-week workshop helps you begin a walking or running fitness program, with the goal of participating in a 5K women's event.

- Mon., starting March 23; 6:15 p.m.

At Stroudsburg Intermediate School, Chipperfield Drive

- Mon., starting March 23; 6 p.m.

At Hanover Twp. Community Center

- Tue., starting March 24; 5:30 p.m.

At Bethlehem Twp. Community Center

- Wed., starting March 25; 9:15 a.m.

At Sand Island, Bethlehem

- Thu., starting March 26; 6 p.m.

At Sand Island, Bethlehem

See related article on page 4.



How to Be Safe in a Car Mark J. Young Medical Challenge

Learn how to be a good driver. Explore the physics of a crash and find

out about careers in health. **FREE** with Center admission

- Mon.-Sat., 9:30 a.m.-5 p.m.;

Sun., noon-5 p.m.

At Da Vinci Science Center

For details, call 610-402-CARE.

Ongoing programs

For details and to register, call 610-402-CARE.

Need a Speaker? Our professionals address a variety of health topics. **FREE**
Call 610-402-CARE.

Would a Support Group Help? Our dozens of different groups offer comfort and support from others who've "been there." **FREE**

Building Community Through Community Exchange—Volunteer to swap time and services and you'll get to know neighbors and help address community health issues. **FREE**

- Mon., March 16, April 20; 2-4 p.m.

At LVH—17, Center for Healthy Aging

- Wed., April 1, May 6; 6-8 p.m.

At LVH—Muhlenberg, educational conference center



A Passion for Better Medicine drives Lehigh Valley Health Network to keep you well. That's why we publish *Healthy You* magazine—to educate you, your family and your community on how to enjoy a healthier life.

We'd love to hear from you. Send your comments to:

Healthy You

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For information or a referral to any of the professionals featured in *Healthy You*, call 610-402-CARE or visit lvh.org/healthyyou.

*Dietitians with Sodexo

An extraordinary team got KC back to school

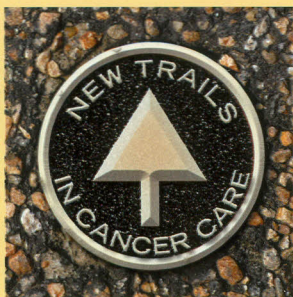
A bike accident doesn't sideline most boys for long. But for 11-year-old K.C., the fall resulted in serious injuries to his pancreas, liver and spleen when the handlebars struck his belly. Fortunately, his mother, Chrystine Steenland, got him to Lehigh Valley Hospital—Cedar Crest, the region's most experienced trauma center for children as well as adults.



The Allentown sixth-grader needed three surgeries from the pediatric specialty team to repair his internal injuries and remove a portion of his pancreas. Then he spent a month in the pediatric intensive care unit. K.C. says he's glad Lehigh Valley Hospital is so close to his home and family. His mother is grateful for the specialized care. "Whenever K.C. twitched or the equipment beeped, the doctors and nurses were there to check on him immediately," Chrystine says.

Today, K.C. feels great. He's skiing and playing video games again with his big brother, Kyle (with him in small photo)—and he's back to school ahead of schedule.

NEW Mini Medical School



The Cancer Frontier: Blazing New Trails in Cancer Care*

A four-week series to help you fully understand this complex and multifaceted disease. Learn about the latest advancements in diagnosis and treatment. Includes an exploration expo, where you can learn more about cancer in an interactive setting. Weekly course topics are: Cancer From A-Z; Advances in Cancer Care; Cure, Clinical Trials, Cuisine and Case Studies; Cancer: Where Do We Go From Here? **FREE**

• Tue., starting April 7; 6:30-9 p.m.

At LVH—Cedar Crest

* Designed for adults, high school juniors and seniors.

Lehigh Valley Health Network has

- The region's highest level of trauma care for children
- The largest and busiest burn center in Pennsylvania
- The area's only pediatric surgeons
- MedEvac helicopters for speedy crisis transport
- "Intensivist" doctors and nurses specializing in critical care/trauma

Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE (2273) for further assistance.

If you have received an extra copy of this publication, please share it with a colleague or friend. If the mailing information is incorrect, please notify us by calling 610-402-CARE (2273) or toll-free 888-584-2273.

Visit Lehigh Valley Health Network's Web site at lvh.org

TDD General Information
610-402-1995

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A Passion for Better Medicine

LEHIGH VALLEY HEALTH NETWORK

Meet another kind
of health care specialist
who can make a difference
in your life.



Kristy Mazzitelli of Lehigh Valley Health Network helps patients find ways to pay for their hospital care.

Kristy Mazzitelli is one of six financial counselors at Lehigh Valley Health Network with a passion for helping patients meet the financial challenges associated with their hospital care.

In today's economy, a medical condition can cause problems for anyone, even if you have health insurance. But if you're uninsured or underinsured, the situation can be very stressful.

New Hours!
402-CARE

8:30 a.m.–5:30 p.m.
Monday-Friday

Our experienced financial counselors can help you fill out paperwork and understand your insurance. They can provide financial aid options, work with the billing department for you and determine eligibility for Medicare, Medicaid and reduced-cost prescription programs. They'll even help you apply for our reduced cost-of-care program.

For more information about our health network's FREE financial counseling, please call **610-402-CARE** or visit lvh.org/billhelp.

Lehigh Valley Health Network financial counselors can make a big difference in your life because they share our passion for better medicine.

A PASSION FOR BETTER MEDICINE.™



610-402-CARE LVH.org